

ALL-AREA GIRLS CROSS COUNTRY TEAM

GIRLS RUNNER OF THE YEAR **KELLY HENSLEY**

All-Area First Team



Anna
Ahrens



Chantelle
Brodie



Avery
Camp



Bethany
Hardcastle



Tabatha
Henry



Caitlin
Innis



Tia-Rose
Raymond



Nicole
Shaw

ANNA AHRENS
Vero Beach junior
District 8-4A: 20:09.26 (first place)
Region 2-4A: 21:14.30 (20th)
Class 4A state: Missed qualifying by five places

CHANTELLE BRODIE
Martin County senior
District 14-3A: 21:26.56 (second)
Region 4-3A: 21:24.70 (19th)
Class 3A state: 20:58.65 (88th)

AVERY CAMP
Pine School sophomore
District 13-1A: 21:18.18 (fourth)
Region 4-1A: 21:35.55 (14th)
Class 1A state: 21:12.02 (47th, season-best time)

BETHANY HARCATTLE
South Fork freshman
District 14-3A: 22:08.64 (fifth)
Region 4-3A: 21:12.30 (15th)
Class 3A state: 21:00.69 (92nd)

TABATHA HENRY
Okeechobee sophomore
District 14-3A: 20:43.61 (first)
Region 4-3A: 20:35.30 (sixth)
Class 3A state: 20:01.35 (42nd)

CAITLIN INNIS
Martin County senior
District 14-3A: 22:02.42 (fourth)
Region 4-3A: 21:09.30 (13th)
Class 3A state: 21:14.61 (101st)

TIA-ROSE RAYMOND
Lincoln Park senior
District 13-2A: 21:35.97 (third)
Region 4-2A: 20:22.85 (11th)
Class 2A state meet: 20:55.23 (46th)

NICOLE SHAW
Jensen Beach junior
District 14-3A: 21:42.84 (third)
Region 4-3A: 20:55.50 (12th, season-best time)
Class 3A state: 21:55.54 (137th)

The Team

The 2011 Girls Cross Country team was compiled by Laurel Pfahler.



See previous all-area teams on prepzone. TCPalm.com



ALEX BOERNER/TREASURE COAST NEWSPAPERS

Lincoln Park Academy's Kelly Hensley is the Scripps Treasure Coast Newspapers 2011 Girls Cross Country Runner of the Year.

Simply the best

LPA's Kelly Hensley discovered her love of running and ran away from the competition

By Laurel Pfahler
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FORT PIERCE — When Kelly Hensley first started running in middle school, it was like doing a chore that was expected of her.

After all, she is a Hensley — the fifth and final child in her family to go through the Lincoln Park Academy cross country program.

It wasn't until a few years later that the sport actually became enjoyable, and by her senior season this year, she had set herself apart from the rest of the competition on the Treasure Coast.

Hensley consistently led the area with top performances this season, including an area-best 24th-place finish at state, and was named the Scripps Treasure Coast Newspapers All-Area Girls Cross Country Runner of the Year. Her brothers, Matt and Jeff, also achieved that honor for boys cross country, accounting for the award four straight years from 2003 to 2006.

"It was a lot to live up to, but ... there was a lot of support from my family," said Hensley, whose dad, Bob, helps her train year-round. "Them all having done it, it made them understanding. Everyone gets active in your accomplishments and what you are doing."

Girls Runner of the Year

Kelly Hensley

Lincoln Park senior

District 13-2A: 21:17.43 (second)

Region 4-2A: 20:12.70 (ninth)

Class 2A state meet: 20:10.49 (24th)

Season-best time: 19:20 at Holy Trinity

Coach Jamie Spooner: "This year I saw from her a greater amount of maturity and depth as a person. It was always there, but it truly came out this season. She worked to be a role model for our younger runners as well. She just had an outstanding season."

Though no one forced her to run in sixth grade, Hensley felt obligated to try it and now admits she was intimidated by the acts she had to follow. Her four brothers ahead of her in school had created quite the legacy.

"In the beginning I wasn't really a fan of running, I guess," Hensley said. "That's something I can't deny, or pretend I always liked it. I guess I started to realize the benefit of running and how much it helps you learn about yourself. It helps you find yourself and what you are capable of doing."

"At first, I was intimidated by the challenge of living up to what was left behind for me, but as I matured, I embraced that challenge and embraced it to help find myself. ... It couldn't have

ended a better way for me."

Hensley said by her freshman year, she began wanting to make the most of every race and see how good she could be. She was a first-team All-Area member by her sophomore year and has been the Greyhounds' No. 1 runner ever since.

This year, she set her personal-best time of 19 minutes, 20 seconds at the Holy Trinity Invitational and went on to lead the Greyhounds to an eighth-place finish in Class 2A. She finished nine spots from a medal with an area-best time of 20:10.49 at state.

"She really came into her own and figured out who she is, athletically and academically," Lincoln Park coach Jamie Spooner said. "I couldn't be prouder of who she has become. She is such a strong runner and

Coach of the Year



Jamie Spooner

School:

Lincoln Park

Years with team: Six

This season: In what will be her last

season as coach at Lincoln Park, Spooner guided the Greyhounds to a District 14-2A title, a fourth-place finish in Region 4-2A and an eighth-place standing in Class 2A.

Quotable: "It was just enjoyable to be out there and see the girls excel. That made it an enjoyable season, and to end coaching with such a great group like that was such a positive experience. We accomplished the goals we set for ourselves. We consistently performed all the way through. Our ultimate goal is always state, and this year we wanted Top 10 and we did that. They set that goal, and we achieved it."

person, and whether or not she decides to run in college or not, I'd tell any college coach how much of a privilege it was to coach her."

“At first, I was intimidated by the challenge of living up to what was left behind for me, but as I matured, I embraced that challenge and embraced it to help find myself. ... It couldn't have ended a better way for me.”

Kelly Hensley, Girls Cross Country Runner of the Year

Honorable Mention

NATALIE BAUMGARTEN
Lincoln Park seventh-grader

RACHEL DUMAS
Pine School senior

SCHYLER LAVIN
Martin County sophomore

MADISON STAHLER
Vero Beach freshman

HANNAH COGSILL
Jensen Beach freshman

RACHEL GAGE
Master's Academy eighth-grader

MARIA NAZON
Jensen Beach sophomore

KELLY SIME
South Fork senior

MIRA CURRIE
Community Christian eighth-grader

LAURETTA HARPER
South Fork sophomore

ALLISON ROBERTS
Treasure Coast senior

AIREA WILLIAMS
Vero Beach freshman

KATHERINE CRADDOCK
St. Lucie West Centennial junior

JENNA JENKINS
Lincoln Park senior

ALEX SCLAFANI
Martin County sophomore

NATALIE ZATZ
Vero Beach freshman

All-Area Schedule

FRIDAY

Girls
Golf

SATURDAY

Boys
Golf

SUNDAY

Girls Swimming
& Diving

MONDAY

Boys Swimming
& Diving

TUESDAY

Girls
Cross Country

WEDNESDAY

Boys
Cross Country

THURSDAY

Girls
Bowling

FRIDAY

Boys
Bowling

SATURDAY

Volleyball

MONDAY

Football